

**Descriptive Text:** Logos for the Centers for Disease Control and Prevention and the CDC Preventive Medicine Residency & Fellowship.

CDC Preventive Medicine Residency and Fellowship Graduate Brenna VanFrank, MD, MSPH, shares her story.

**Brenna:** I think what PMRF does is allows someone who has experience in public health in an academic setting to take that academic science and actually apply it in the field.

My name is Brenna VanFrank, and I'm a Preventive Medicine Residency and Fellowship graduate.

The Preventive Medicine Residency and Fellowship, or PMRF, is a training program at CDC for clinicians, physicians, nurses, or veterinary medicine doctors who want to have more training on applied public health skills.

Applied public health skills is really about taking public health science, epidemiology, biostatistics, and using that to effect change in public health.

I applied, I'll be honest, a bit on a whim and was able to successfully compete for a spot in EIS, and then subsequently successfully compete for a spot in PMR. I was assigned to the state department of public health, and I was also assigned to a local health system, and so the opportunity there for me was to have a better understanding of the juxtaposition of individual health care, and population health care, which is really what I was interested in: trying to figure out how to marry the two to be able to leverage both sides and both angles for the purpose of greater community health.

The opportunity has been life changing. I certainly would not be in the position I'm in now without that training and without those opportunities that CDC afforded me.

If you're looking to apply to this program, to PMRF, and you're thinking about it, I would just say go for it. If you have the passion and the excitement about public health and about population medicine, come and join us!

**Descriptive Text:** Logos for the Centers for Disease Control and Prevention and the CDC Preventive Medicine Residency & Fellowship.

**Text On Screen:** For more information, visit: [cdc.gov/prevmed](https://cdc.gov/prevmed)